

LUNCH AT MFW

**MEAT
FLOUR
WINE**

Grilled Spiced Lamb Skewers, tzatziki and pickle salad 35

+ wood fired flat bread 8

Saffron Chilli Prawns, caramelised onion, white wine, cream 28

Spaghetti Alla Puttanesca, anchovies, capers, garlic, Napoli 26

Penne All 'Amatriciana, guanciale, pecorino Romano, chilli and Napoli 29

Basil Pesto Chitarra Spaghetti, toasted pine nuts, cherry tomatoes, beetroot crisps 28

Spaghetti With Nonna's Meat Balls, Parmesan cheese and basil 29

Rigatoni Alla Vodka, N'duja, Pork Sausage, chilli oil, pecorino 29

Steak sandwich, char grilled porterhouse, rocket, caramelised onion, black garlic aioli, pickled shallots, provolone cheese roasted red peppers and fries 35

MFW Wagyu Beef Burger, chargrilled over coal to medium, caramelised onion, burger sauce, American cheddar cheese, cos lettuce, dill pickle and fries 35

Veal Scallopini, mushroom sauce, fresh herbs, fries 45

200g Jack's Creek Grass Fed Porterhouse, cooked medium M.S 2-4 red wine jus, fries 45

200g Flank Steak, cooked medium, pommes frites and red wine sauce 42

Roasted Japanese Pumpkin, sunflower puree, goats curd, toasted seeds and grains, charred onion oil, lemon myrtle and salt bush (vgo) 35

Cotolleta di pollo with MFW Caesar salad 38

Grill Calamari Salad, roasted fennel, potatoes, mix lettuce, olive oil, sundried tomato and ajo blanco 35

Lunch Size Pizzas 25

Please see the main menu for the full range of pizzas available.

Draught Beer of the month

sm 8 / reg 10 / lrg 15

White or Red Wine, today's selection, please ask wait staff

10 per 150ml gl / 15 per 250 ml gl / 45 per bottle



Book Your Lunch Today:
meatflourwine.com.au



Join the MFW Loyalty Program

Activate Your Membership.
Scan the QR code, join in minutes.

Available at Berwick location only. The MFW Full menu is also available please head to the website to see.

Monday to Friday lunch 12:00 am to 3.00 pm February 1st to November 13th. Not available on public holidays or with any other offers

This menu changes monthly. No substitutes, credit card surcharge applies.

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2 COURSE 55 / 3 COURSE 65

**MEAT
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WINE**

Entree

3 Fresh Oysters from Boomer Bay (Tasmania), served natural (gf)

Arancini, mushroom, black truffle, aged pecorino and black garlic aioli (gf / v)

Crispy Calamari, lightly floured with wild garlic puree, lemon and fried saltbush (gfo)

Bruschetta, grilled sourdough, heirloom tomato, torn basil, sea salt, extra virgin olive oil (v / gfo)

Nonna's Meatballs, wagyu beef and veal mince, tomato sugo, parmigiano and toasted focaccia

Fresh Burrata, served with heirloom tomato carpaccio, dehydrated olive and tomato water

Main

Roast Pork Belly, parsnip puree, apple and kohlrabi remoulade and parsnip chips (gf)

Wagyu Beef Short Rib, braised in vincotto and served with a potato and garlic mash, chive dust and balsamic cipollini

Pollo Parmigiana Italiano, herb crusted chicken breast, prosciutto cotto, tomato, melted buffalo cheese

Prawn Linguine, saffron onion cream, garlic prawns, and chilli (gfo)

Paccheri Pepper Beef Ragu, with buffalo stracciatella, parmesan crisp (gfo)

Duck and Capsicum Ragu, with fresh herb pappardelle and 24-month parmigiano Reggiano

Today's Market Fish, panfried with lemon butter, caper sauce and house salad

Braised Lamb Shoulder, soft polenta, hazelnut and mint salsa verde (gf/nfo)

Veal Scallopini, mushroom sauce, fresh herbs, fries

200g Jack's Creek Grass Fed Porterhouse, cooked medium M.S 2-4 red wine jus, fries

200g Flank Steak, cooked medium, pommes frites and red wine sauce

Roasted Japanese Pumpkin, sunflower puree, goats curd, toasted seeds and grains, charred onion oil, lemon myrtle and salt bush (vgo)

Cotolleta di Pollo with MFW Caesar salad

Niçoise Salad with tea smoked trout, green beans, soft boiled egg, cherry tomato, olives, lemon and herb dressing

Dessert

Sticky Date pudding with vanilla ice-cream

Tiramisu

Gelato 2 scoops from our daily selection

Torta Caprese, flowerless chocolate and almond torta served warm with vanilla ice-cream



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